

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

Senior Info-line

*A Free Statewide Source Of Information For Those
Caring For Senior Adults.*

The "Senior Info-line" is a FREE, confidential service that can help you locate services to help you care for a loved one. Our information and referral specialists are available 8 a.m. - 5 p.m. (CT), Monday-Friday to assist you. During evening and weekends, you can leave a message so your call can be returned the following business day.

The services available to you in North Dakota include:

- Alzheimer's Programs
- Home Health Care Organizations
- Hospice Programs
- Inhome Services
- Legal Assistance Offices
- Respite Care Programs
- Senior Citizens Center Services
- Transportation Services
- Senior Health Insurance Counseling

1-800-451-8693
Hours: Monday - Friday, 8 a.m. - 5 p.m. (CT)
If no answer, leave a message and your call will be returned the next business day.

**NORTH DAKOTA
SENIOR**



**INFO-LINE
1-800-451-8693**

Sponsored by
ND Dept. Of Human Services Aging Services Division

Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



_____ Please correct your mailing list

_____ Please delete my name from list ATTACH THE OLD MAILING LABEL

AGING SERVICES

Volume VIII Number 1

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Winter 2006

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Aging Services Newsletter Please
share this newsletter with a friend, coworkers, at
you senior center, post on a bulletin board,
etc....If you wish not to be on the mailing list for
the newsletter please call 795-3000 and ask for
Patricia Soli. You are welcome to submit any
news you may have regarding services and
activities that are of interest to seniors in this
region. Northeast Human Service Center makes
available all services and assistance without
regard to race, color, national origin, religion,
age, sex or handicap and is subject to Title VI of
the Civil Rights Act of 1964, Section 504 of the
Rehabilitation Act of 1973 and
the Age Discrimination Act of
1975 as amended. Northeast
Human Service Center is an
equal opportunity employer.
This publication can be made available in
alternate formats.



MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

Report on the 2005 White House Conference on Aging

By At-Large Delegate, Clyde Leimberer, Bismarck, ND

Following is my report on the White House Conference on Aging, held December 10 - 14 in Washington, DC. You can read more about the conference and get more detail about any and all of the speakers at the Conference web site:

<http://www.whcoa.gov/>

Participating in the conference was an incredible experience for which I am very grateful. I have already shared my experiences with several groups and would be happy to present this information to still more groups. You may contact me at

<mailto:clydel@btinet.net> or
701-223-3040 to arrange for a presentation focused on the interests of your group.

The White House Conference on Aging occurs every 10 years and serves as a catalyst for the development and enhancement of national, state and local aging policies in the US. This year's conference theme was: "The Booming Dynamics of Aging: From Awareness to Action". We were called upon to consider the impact and opportunities presented by the 78 million baby

boomers that will begin to turn 65 in 5 years. Our recommendations and strategies will be compiled and presented to Governors in March and to the President and National legislators in June. These are also becoming available on the World Wide Web at: www.whcoa.gov

Some 1200 delegates were selected by the state Governors and national Senators and Representatives. However, I was selected as one of around 200 at-large delegates because of my unique background as Chaplain and workshop presenter. Other delegates from ND were: Shelly Peterson (NDLTCA), Dr. Clayton Jenson (UND School of Medicine and Chm. Good Samaritan Society), Dr. Kent Yohe (Chiropractor from Fargo), Dallas Knudson (Towner), Frederick Baker (Newtown, Governor's Committee on Aging and Native American), Gloria Jetty Lefthand (Spirit Lake Tribe, St. Michaels, ND) and I.

Broad themes included:

Planning along the lifespan
The workplace of the future
Our community
Health and long term living
Civic engagement and social engagement
Technology and innovation in the emerging senior/boomer marketplace

Displays of Technology, Service Providers and other groups were also available to show how their products and services may help persons retain independence longer or resource our varied organizations.

I was the only one from North Dakota to attend a **Roundtable on Global Aging** where representatives of various countries (developed and undeveloped) spoke about their support of aging persons in their nations. Dr. Richard Jackson from the CSIS Global Aging Initiative brought perspective to our conference with the statement: "We live in an era defined by many challenges, from global warming to global terrorism. None is as certain as global aging. And none is likely to have such a large and enduring effect on the shape of national economies and the world order." It was very interesting to find that some European countries have a higher percentage of elderly persons than there are in the US. In recent years, some countries have added taxes to cover long term care insurance for their elderly residents.

Speakers included Dr. Barry Black, Chaplain of U. S. Senate, **Josephina G Carbonell**, Assistant Secretary for Aging, **Mike Leavitt**, Secretary of Health and Human Services **Claude Allen**, Assistant to President for Domestic Policy, **David M. Walker**, Comptroller General of US, **Craig R. Barrett**, Chairman of INTEL, **Robert Essner**, Chairman, CEO of Wyeth (pharmaceuticals), **Mark McClellan**, Administrator, Centers for Medicare and

Medicaid Services, **Dirk Kempthorne**, Governor of Idaho and leader of Governor's push for Medicaid reform, **Hal Daub**, Attorney, former leader of AHCA and Mayor of Omaha, **Ken Dychtwald**, researcher, writer, president of Age Wave, **David Eisner**, CEO of Corporation for National and Community Service, **Robert Eckel, MD**, President, American Heart Association, **Robert Butler**, President/CEO of International Longevity Center

A week before the Conference began, we were given 73 recommendations from the planning committee and within 24 hours, we were to vote on our top priorities (30 - 50). On Tuesday, we each selected 3 smaller groups to attend and talk about strategies to accomplish those resolutions.

The top ten recommendations in order as selected by delegates:

1. **Reauthorize the Older Americans Act within the first six months following the 2005 White House Conference on Aging.**
A number of strategies were proposed including more funding, specific programming for the Native American population, increasing support of family caregivers and increased nutrition services.
2. **Develop a coordinated, comprehensive Long-Term Care Strategy by**

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supporting public and private sector initiatives that address financing, choice, quality, service

delivery, and the paid and unpaid workforce.

Strategies to accomplish this included: promotion of Long Term Care Insurance or even a Medicare E to cover long term care costs; various scholarships and incentives to bring adequate numbers of workers into the field; the possibility of giving Social Security wages credit to family caregivers while they care for a family member.

3. **Ensure that older Americans have Transportation Options to retain their mobility and independence.**
4. **Strengthen and Improve the Medicaid Program for Seniors**

Strategies proposed to accomplish this included: Ensure that reimbursements equal the cost of care (no caps on reimbursements); Mandate enforcement of the eligibility process and enforce the Budget Reconciliation Act of 1987; Funding parity for Mental Health issues; and provide full funding eligibility for persons eligible for both Medicaid and Medicare.

5. **Strengthen and Improve the Medicare Program**
Strategies proposed to accomplish this include: an enlarged emphasis on emerging preventative strategies and services; expanded benefits to include dental, vision, mental health, substance abuse and hearing loss; and simplify Medicare part D.
6. **Support Geriatric Education and Training for all Healthcare Professionals, Paraprofessionals, Health Profession Students and Direct Care Workers.**

Ironically, on Monday, while the conference was in session, a congressional committee voted to drop the Title 7 funding for the 50 major Geriatric research departments funded by the Government. (I spoke to Senator Dorgan about this during a personal appointment before I returned to Bismarck.)

7. **Promote innovative models of Non-Institutional Long Term Care.**
8. **Improve recognition, assessment and treatment of Mental Illness and Depression among Older Americans.**
9. **Attain adequate numbers of Healthcare Personnel in all professions who are skilled, culturally competent and specialized in Geriatrics.**

This is similar to # 6 but emphasizes the cultural competence and sensitivity to respond to unique wishes and values of Native Americans, persons with alternative sexual preferences and other cultures.

10. **Improve State and local based integrated delivery systems to meet the 21st century needs of seniors.**

Improve and facilitate the communication and coordination between programs and service providers. The Health Insurance Portability Accountability Act (HIPAA) will have to be revised: a speaker likened the act to ‘tying the shoestrings together and then ordering the healthcare providers and system to run’.

COMMENTARY:

The following views are admittedly my own, and if quoted, should reflect the source. I would like to identify what I see as some of the major issues

and cultural shifts that will need to happen in America in order to accomplish the above priorities.

1. **We must move away from “entitlement thinking” that expects our government, business, or other persons to provide for us and take active responsibility for our own health, retirement and long term care needs.** Taking active responsibility will mean dropping pounds or unhealthy habits, increasing retirement fund contributions, and carrying Long Term Care Insurance.
2. **We must move away from simply treating diseases and put more emphasis on the prevention of diseases.** Recent studies are demonstrating to the insurance companies and other health care payers that the old adage ‘an ounce of prevention is worth a pound of cure’ translates also into dollars and cents.
3. **We need to establish a new model of retirement in America.** In the new model, persons who want or need to may continue to work without being penalized. In the new model, persons with experience and expertise are valued and enabled to mentor younger workers as they contribute to their career and the country’s economy. In the new model, there is the provision of care of persons with chronic diseases or disabilities. In the new

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model, persons who are ‘retired’ may find themselves

volunteering, entrepeneuring, or working flexible hours and still have time for travel or other pursuits.

4. **We must continually evaluate risks and benefits as we trade what we have for the independence and health care we want.** In order to use some of the new technologies available to support vulnerable people in their homes, there could be someone out there with the ability to know their every move. If we loosen up the HIPAA rules to facilitate the communication of private health information between care providers, we increase the possibility of that information falling into the wrong hands.
5. **We need to acknowledge the incredible value of caregivers at every level.** This can be accomplished by the Social Security system giving credit for the months or years that a person has taken off work to care for a family member. Families, neighbors and communities can do this by supporting and affirming the caregivers work with respite care or running errands for the caregivers. Salaries of direct care staff need to show the high regard shown for their work. Geriatric doctors need to be reimbursed by insurance and government programs on a par with other specialists.
6. **Church and community groups, extended families and others will need to rise to the occasion and become more involved as ‘our brother’s keepers’.**

Customer service phone
for Medicare Blue Rx
Plans (Blue Cross Blue
Shield)

Customer Svc 1-888-832-0075



**Need Medicare Part D
assistance?**

Get answers to your
questions by calling the
Grand Forks Senior
Center for more
information at
701-772-7245 for
Grand Forks and
Nelson counties.

Walsh County Nutrition
Program for Walsh
County at 701-284-7999.

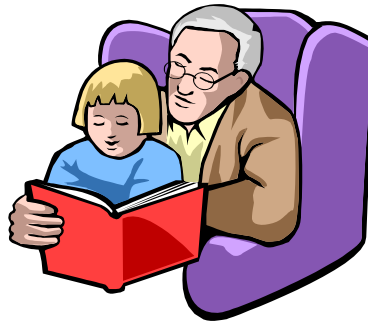
Pembina County Meals
& Transportation for
Pembina County at 701-
454-6586.

Bill Lardy, Director
Senior Health Insurance
Counseling
North Dakota Insurance
Department
600 East Boulevard
Avenue, Dept 401
Bismarck ND 58505

Phone: 701-328-9604
Fax: 701-328-9610 Toll
free: 800-247-0560

Email:
<mailto:blardy@state.nd.us>

Web:
<http://www.state.nd.us/ndins>



Foster Grandparents

Sharing a
LIFETIME
of Wisdom

Check out the new web page:
http://www.seniorservice.org/redrivervalley_fgp

Red River Valley
Foster Grandparent
Program
(701) 795-3112 or
888-256-6742

alzheimer's  association

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**Minnesota-North
Dakota**

information, education,
friendship and support. To
learn more about a
support group near you,
call the Information
Helpline at
1.800.232.0851 or visit
<http://www.alzmdak.org/2familyservices/findingresources.htm> - Support%20Groups

24/7 Information Helpline

*Don't forget that the
Alzheimer's Association's
toll-free Information
Helpline is available 24
hours each day, seven
days each week to answer
questions and provide
resources. Call
1.800.232.0851 to speak to
a Helpline representative.*

Be Aware and Prepare:

FLOODS – Are You Ready?



Floods are one of the most
common hazards in the
United States. Flood effects
can be local, impacting a
neighborhood or community,
or very large, affecting entire
river basins and multiple
states.

However, all floods are not
alike. Some floods develop
slowly, sometimes over a

period of days. But flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds, or low-lying ground that appear harmless in dry weather can flood. Every state is at risk from this hazard.

What Would You Do?

You and your family moved from a city neighborhood in San Francisco, CA to a suburb of Phoenix, AZ. Since earthquakes were a threat in your area, you always kept some extra food, water, and other supplies on hand and maintained an earthquake insurance policy, just in case something happened. You think this kind of preparation is no longer necessary based on what your neighbors have told you. According to them, the biggest threat they face is

lack of water caused by the very dry weather. You continue to see public service announcements from the federal government about flood insurance and the need to protect yourself from flood damage. Surely, there would be no need for flood insurance where you live with its bare hills, deep canyons, and dry land.

1. Are you at risk for flooding, or is this more of a risk to people who live elsewhere?
Yes No
2. Is there a need to have a disaster plan and a disaster supplies kit?
Yes No
3. Should you consider purchasing flood insurance?
Yes No

Answer key:

1. Yes 2. Yes 3. Yes

Know the Terms

Familiarize yourself with these terms to help identify a flood hazard:

Flood Watch

Flooding is possible. Tune in to NOAA Weather Radio, commercial radio, or television for information.

Flash Flood Watch

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Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial

radio, or television for information.

Flood Warning

Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.

Flash Flood Warning

A flash flood is occurring; seek higher ground on foot immediately.

Take Protective Measures

Before a Flood

To prepare for a flood, you should:

- Avoid building in a floodplain unless you elevate and reinforce your home.
- Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- Install "check valves" in sewer traps to prevent floodwater from backing up into the drains of your home.
- Construct barriers (levees, beams, floodwalls) to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds to avoid seepage.

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there

is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

- Be aware of streams, drainage channels, canyon, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- **Do not walk through moving water.** Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- **Do not drive into flooded areas.** If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

Driving: Flood Facts

The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUV's) and pick-ups.

The following are guidelines for the period following a flood:

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.

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- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

Source: FEMA: FLOODS – Are You Ready?

Additional Information

Flood Insurance

Consider the following facts:

- Flood losses are **not covered** under homeowner's insurance policies.
- FEMA manages the National Flood Insurance Program, which makes federally back flood insurance available in communities that agree to adopt and enforce floodplain management ordinances to reduce future flood damage.
- Flood insurance is available in most communities through insurance agents.
- There is a 30-day waiting period before flood insurance goes into effect so don't delay.
- Flood insurance is available whether the building is in or out of the identified flood-prone area.

Knowledge Check

Describe whether the following statements are true or false. Check the appropriate column. When you have finished check your answers using the answer key below.

- T F 1. Flood emergencies occur in only 12 states.
- T F 2. A "flood watch: announcement on the radio indicates that flooding is possible.
- T F 3. Flash floods may occur with little warning.
- T F 4. Flood risk varies from one region to another.
- T F 5. National flood insurance is available only for buildings within an identified flood-prone area.
- T F 6. It is safe to walk through floodwater if you can see the ground under it.
- T F 7. It takes at least 3 feet of floodwater to make a motorized vehicle float.
- T F 8. After floodwaters recede from a roadway the road could still be dangerous.
- T F 9. To prepare for a flood emergency you should have a NOAA Weather Radio, as well as a commercial radio.

Answer key

1.False 2.True 3.True 4.True
5.False 6.False 7.False 8.True
9.True

For More Information

If you require more information about any of these topics the following are resources that may be helpful.

FEMA Publications

- *After a Flood: The First Steps.* L-198. Information for homeowners of preparedness, safety, and recovery from a flood.
- *Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding.* L-235. A brochure about obtaining information about how to protect your home from flooding.
- *Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding.* FEMA- 312.
- *About the Flood: Elevating Your Flood-prone House.* FEMA-347. This publication is intended for builders, code officials, and homeowners.
- *Protecting Building Utilities From Flood Damage.* FEMA-348. This publication is intended for developers, architects, engineers, builders, code officials, and homeowners.

American Red Cross

- *Repairing Your Flooded Home.* Sixty-page booklet about how to perform simple home repairs after

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flooding, including cleaning, sanitation, and determining which professionals to involve for various needed services. Local Red Cross chapters can order in packages of 10 as stock number A4477 for a nominal fee. Also available online at

http://www.redcross.org/services/disaster/0,1082,0_570_00.html

National Weather Service

- *Hurricane Flooding: A Deadly Inland Danger.* 20052. Brochure describing the impact of hurricane flooding and precautions to take. Available online at <http://www.nws.noaa.gov/om/brochures/InlandFlooding.pdf>
- *The Hidden Danger: Low Water Crossing.* 96074E. Brochure describing the hazards of driving your vehicle in flood conditions. Available online at <http://www.nws.noaa.gov/om/brochures/TheHiddenDangerEnglish.pdf>

For more information about emergency preparedness, call the **Red River Valley Chapter (East Grand Forks, Minn.) - 218-773-9565**

Or visit the following websites to view more extensive emergency checklists:

<http://www.redcross.org/>
<http://www.ready.gov/>
<http://www.fema.gov/areyouready>

(Source: ND Dept of Health, Be Aware and Prepare, Sept. 2004)

*Taking Care of Yourself - Point of View
Work on developing your sense of humor and you will find it easier to take on life's inevitable challenges. Start by looking at the light side of things.*

The Comfort of Home
© 2004 CareTrust Publicationa 800/565-1533
www.comforttohome.com

The latest Rural Health Update is now on the Center for Rural Health web site here

<http://medicine.nodak.edu/crh/publications/rural/update174.html>

In this update:

- Rural PACE 101 (Program of All-Inclusive Care for the Elderly)
- FREE TRAINING: Core Concepts of Disasters And Terrorist Events: Medical Issues And Response

Rural Health Updates are distributed by the Center for Rural Health

(CRH) at the University of North Dakota School of Medicine and Health Sciences, which serves as North Dakota's State Office of Rural Health and connects resources and knowledge to strengthen the health of people in rural communities. If you have any questions about this or other Rural Health Updates, please contact Lynette Dickson, CRH program coordinator, at 701-777-3848 or ldickson@medicine.nodak.edu

**Mark Your Calendar
2006 Dakota
Conference on Rural
and Public Health
March 22-24, 2006
Holiday Inn, Fargo, ND**

**Silver Haired
Assembly to be
Held in July**

Dates for the Silver Haired Assembly have been announced for **July 26,27, 28, 2006** to be held at the State Capitol in Bismarck.

Participants do not need to be a member of a Senior Citizen club to run as a delegate, but must be 60 years of age. To get a name on the ballot, a senior must have a signed petition with five seniors. The petition forms will be available at the local Senior Citizen Center. Petitions were returned by November 15th to the Chairman of the County Senior citizen organization to get the names on the ballot.

Voters will vote for one name only. The senior with the highest number of votes in the county will be the official delegate. The alternate will be the candidate with the second

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highest number of votes. Write-in votes will not be permitted as signed petitions will be required for all candidates running for serving as a delegate.

Voting will take place at the Senior Citizen Center. Date of hours of voting will be posted at the Center. A local Election committee

will manage the polls and voter registration.

The Silver Haired Assembly is an opportunity for seniors to learn more about the legislative process and to take an active part in reviewing bills and legislation.

Check with your local Senior Center to find out who will be your representative for the Silver Haired Assembly in July 2006.

*Curtis W. Herman,
Chairman, Minot , ND*



**Vulnerable Adult
Protective Services
(VAPS)**

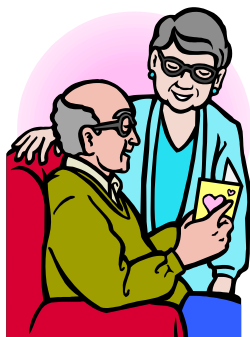
701-787-8540

**GF County Social Services
Contract Agency**

You can continue to make direct reports or referrals by phone, letter, in person, or fax. Upon receipt,

reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social Services at Phone: **701-787-8540** or Fax: **701-787-5918**.



Mark Your 2006 Calendar!
NORTHERN PLAINS
CONFERENCE ON
AGING AND
DISABILITIES
SEPTEMBER 6,7,
2006
FARGO HOLIDAY
INN

New ND Health Care Directives on the web:
http://www.nd.gov/human_services/info/pubs/docs/aging-health-care-directives-guide.pdf

DHS Web site.
http://www.nd.gov/human_services/services/medical_serv/medicaid/medicarep artd.html

New Senior Mill Levy Form

A new form 518180 has been created for the Senior Mill Levy. It is very similar to the old form. In fact for the Senior Centers it is identical to the old form. One paragraph has been added that must be initialed by the County Auditors indicating that match funds received in the previous year have been budgeted for the same purposes permitted for the expenditure of the levied funds.

The County Auditors are to submit the form to me. The match % is 2/3rd of the amount levied up to a maximum of 1 mill levied. The New form number is 58180 and is located at <http://www.state.nd.us/eforms/Doc/sfn58180.pdf>

Contact Lawrence Hopkins, Deputy State Treasurer at 701-328-4694 for more information.

Governor's Committee

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on Aging

The Governor's Committee on Aging was established to act as an advisory body for the Aging Services Division as set forth in the Older Americans Act of 1965. Through the exchange of ideas and information on national, state and local levels relating to aging; the Committee also acts as an advocacy body for seniors in the state of North

Dakota. The committees 14 members are appointed by the Governor to three year terms. These members represent all eight regions including the five tribal councils. Please contact any member of the committee with questions or concerns. The Governor's Committee on Aging holds open meetings quarterly each year. The next quarterly meeting is scheduled in April. Call ASD for more information at 1-800-451-8693 on meeting details and members.



For Your Heart

www.womenshealth.gov/ForYourHeart --

For Your Heart is a simple, interactive Web site that provides women with personalized information and tips on preventing heart disease. Following a brief survey, each woman receives stories on exercise, nutrition, weight loss, smoking, diabetes, cholesterol, blood pressure, menopause, and stroke. These stories are tailored specifically to each woman's race/ethnicity, age, and heart disease risk factors. Please visit **For Your Heart** at <http://www.womenshealth.gov/ForYourHeart/> or call 1-800-994-WOMAN (1- 800-994-9662) or 1-888-220-5446 for the hearing impaired.

Heart Healthy Women
www.hearthealthywomen.org)-- Heart Healthy Women is the online source for the most up-to-date information on

diagnosis and treatment of heart disease in women. The website features separate educational sections for women with heart disease and their healthcare providers. Information offered includes: 1) the most important signs and symptoms of cardiovascular disease in women; 2) the accuracy of diagnostic tests for women; and 3) the safety and effectiveness of treatments and surgical procedures that are appropriate for women.

For online information on the diagnosis and treatment of heart disease, please visit **Heart Healthy Women** at <http://www.hearthealthywomen.org/>

2006 Clinical Forum: Turning Knowledge Into Practice

For more information, please visit:
www.conted.und.edu/clinicalforum
May 17 & 18, 2006
Pre-Conference, May 16
Seven Seas Inn - Mandan, ND
 Join us for the second annual Clinical Forum on Mental Health: Turning Knowledge into Practice.



When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing,

however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

More Information:

<http://www.aoa.dhhs.gov/>

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Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I - Karen Quick
 1-800-231-7724

Region II - MariDon Sorum
 1-888-470-6968

Region III - Donna Olson
 1-888-607-8610

Region IV - Patricia Soli
 1-888-256-6742



Region V - Sandy Arends

1-888-342-4900

Region VI - Russ Sunderland

1-800-260-1310

Region VII - Cherry Schmidt

1-888-328-2662

Region VIII - Mark Jesser

1-888-227-7525

N.D. Senior Info-Line:

1-800-451-8693

<http://www.ndseniorinfo.com/>

Region IV Aging Services newsletter at the following link:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II – Dale Goldade, Vulnerable Adult Protective Services, Long Term Care Ombudsman - 1-888-470-6968

Region III – Ava Boknecht, Vulnerable Adult Protective Services, 1-888-607-8610

Region IV – Vulnerable Adult Protective Services, Patricia Soli – 1-888-256-6742.

Direct referral Grand Forks County Social Services VAPS - 701-797-8540.

RaeAnn Johnson, contact for Vulnerable Adult Team (VAT) and Education– 1-888-256-6742.

Long Term Care Ombudsman 1-888-607-8610.

Region V - Vulnerable Adult Protective Services, Sandy Arends - 1-888-342-4900.

Direct referral may be made to Cass County Adult Protective Services unit - 701-241-5747.

Region VI - Russ Sunderland,
Vulnerable Adult Protective
Services - 701-253-6344

Region VII - Cherry Schmidt,
Vulnerable Adult Protective
Services - 1-888-328-2662

Region VIII - Mark Jesser,
Vulnerable Adult Protective
Services & Long Term Care
Ombudsman - 1-888-227-
7525

**North Dakota New Health
Care Directives Guide on
Web site:**

<http://www.nd.gov/humanservices/info/pubs/docs/aging-health-care-directives-guide.pdf>

**ND Family Caregiver
Coordinators**

Region I - Karen Quick - 800-
231-7724

Region II – Theresa Flagstad
- 888-470-6968

Region III - Kim Locker-
Helten - 888-607-8610

Region IV - Raeann Johnson
- 888-256-6742

Region V – LeAnn Thomas-
888-342-4900

Region VI-CarrieThompson-
Widmer -800-260-1310

Region VII - Judy Tschider -
888-328-2662

Region VIII – Michelle
Sletvold - 888-227-7525

Other

- Aging Services Division
Office and Senior Info
Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP
(1-888-687-2277)**
- AARP Pharmacy: **1-800-456-
2277**
- ND Mental Health
Association: **701-255-3692**
- ND Mental Health
Association Help-Line:
1-800-472-2911

- NDAD - **IPAT** (Interagency
Program for Assistive
Technology): **1-800-265-
4728**
 - Legal Services of North
Dakota: **1-800-634-5263** or
1-866-621-9886 (for persons
aged 60+)
 - Attorney General's Office of
Consumer Protection: **(701)
328-3404** or **1-800-472-2600**
 - Social Security
Administration:
1-800-772-1213
 - Medicare: **1-800-247-2267/1-
800-MEDICARE**
- Toll-Free 800 Information:
(Directory Assistance for 800
number listings): **1-800-555-
1212**
- Senior Health Insurance
Counseling (SHIC) ND
Insurance Department: **(701)
328-2440**
 - Prescription Connection:
1-888-575-6611

***Medicare Part D Enrollment
Bill Lardy, Director Senior
Health Insurance
Counseling***

*North Dakota Insurance Dept.
600 East Boulevard Avenue,
Dept 401, Bismarck ND 58505
Phone: 701-328-9604
Fax: 701-328-9610 Toll free:
800-247-0560
Email: blardy@state.nd.us
Web:
<http://www.state.nd.us/ndins>*

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**Region IV: Older
Americans Act (OAA)
Funded Nutrition, Outreach
& Health Maint. Providers
Plus assistance with Medicare
Part D Enrollment**

**GREATER GRAND FORKS (GF)
SENIOR CENTER**

(Serves Grand Forks and Nelson
Counties, Health Maint. Pembina &
GF Counties)

620 4th Avenue South-4534
Grand Forks, ND 58201

(701) 772-7245

**WALSH COUNTY NUTRITION
PROGRAM**

Box 620

Park River, ND 58201

(701) 284-7999

**PEMBINA COUNTY MEALS AND
SERVICES**

Box 9

Drayton, ND 58225

(701) 454-6586

Energy Assistance

**For more information on energy
assistance programs call:**

- Grand Forks County
Social Services:
(701) 787-8500.
- Red River Valley
Community Action:
(701) 746-5431.
- The Salvation Army:
(701) 775-2597.
- St. Vincent de Paul:
(701) 795-8614.

**Reach your local energy company
at:**

- Excel Energy: (800) 895-
4999 (residential customer
service).
- NoDak Electric
Cooperative:
(701) 746-4461.